

Winter 2011-12



NEBRASKA DIABETES PREVENTION AND CONTROL PROGRAM

Diabetes Newsbeat

DHHS and Partners Team Up to Defend Against Diabetes

Did you know that there are **79 million** Americans with pre-diabetes? With the rates of diabetes rising so quickly, it is time to take action to prevent type 2 diabetes before it starts. That is why DHHS and its partners launched a new campaign called Defend Against Diabetes to educate the public on their risk of type 2 diabetes and how to avoid it.

The campaign launched a new website, defendagainstdiabetes.ne.gov, that contains a risk test and lots of practical information on prevention. For example, did you know that you can reduce your chances of getting diabetes by losing 7% of your body weight if you are overweight? If a person weighs in at 300 pounds, they would only have to lose 21 pounds to prevent or delay type 2 diabetes.

Diabetes prevention is proven, possible, and powerful. Get online and take the risk test to find if you are at risk for type 2 diabetes. Free cookbooks and guides on preventing diabetes are available as well as music, recipes, and videos. Check it out!

www.DefendAgainstDiabetes.ne.gov



Tackling Tobacco in People With Diabetes

People with diabetes need to take charge of their health in order to avoid getting complications. One of the best ways to do this is to quit smoking. Smoking puts you at a greater risk of having diabetes complications: vision loss, kidney failure, amputation, heart attacks, and stroke.

The good news is you can quit and there is free help to quit smoking. Call the Nebraska Quitline at 1-800-784-8669 (1-800-QUIT-NOW) or go to www.quitnow.ne.gov See our [brochure](#) for more information.



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Be Physically Active without Spending a Dime

You don't need to spend a fortune to be physically active. In fact, you can be active in many ways without spending any money. Here are a few ideas to get you moving for free!

Close to home

- Get some exercise and socialize with friends while you walk the entire mall.
- Get your garden or yard in shape, and you'll shape up, too.
- Make your own weights from household items – plastic milk jugs filled with sand or water, bags of rice, soup cans, or bottles of water.
- Rather than driving, walk when doing errands.

In your community

- Try out free demonstration exercise classes at your local senior center or fitness center.
- Participate in community-sponsored fun runs or walks.
- Join a basketball or baseball league that plays at your community center.

In the great outdoors

- Go for a hike in a park.
- Learn about trees and plants while exploring a local arboretum.
- Help your community by participating in a stream clean-up effort.

All year round

- Borrow a bicycle and ride around the neighborhood to admire the spring flowers.
- Play an early-morning tennis match at your community courts in the summer.
- Jog through the park and breathe in the crisp fall air.
- Go sledding or cross country skiing in the winter.



Quick Tip

Be creative! The only limit to free physical activity opportunities is your imagination!

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



National Institute on Aging
 National Institutes of Health
 U.S. Department of Health & Human Services

You're Never Too Old — Keep Active As You Age

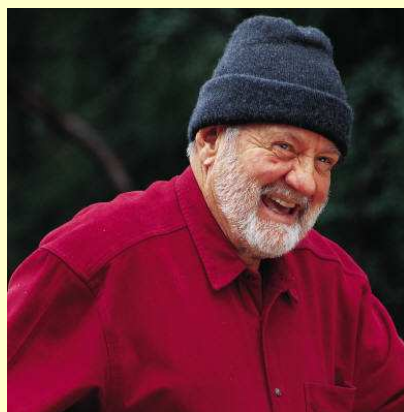
We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis and depression.

Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 25% of those between the ages of 65 and 74 and 11% of people age 85 and older.

Experts recommend 4 types of exercise for older adults: endurance, balance, strength and

flexibility. Brisk walking, dancing and other endurance exercises improve the health of your heart, lungs and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs and do other daily activities. Strength exercises include lifting weights or using resistance bands. They can increase muscle strength to help with activities such as carrying groceries or lifting grandchildren. Balance exercises can help prevent falls—a major health risk for older adults. Stretching, or flexibility



exercises, can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway.

"Even if you haven't been active previously, it's important to get started and stay active," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function, which is key to doing the

everyday things they want to do."

To help you get started and keep moving, NIH brought together some of the nation's leading experts on aging, exercise and motivation. They developed a guide to exercise for older adults. The guide serves as the basis for a new national exercise and physical activity campaign for people ages 50 and older. It's called *Go4Life*.

"Older adults can exercise safely, even those who have physical limitations," Hodes says. "*Go4Life* is based on studies showing the benefits of exercise and physical activity for older people, including those with chronic health conditions."

Go4Life exercises are designed to be done safely at home without special equipment or clothing. The free book [*Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging*](#) is the core resource for the campaign. Other free materials, such as an exercise DVD and tip sheets, are also available. [*Workout to Go*](#), a mini exercise guide, shows you how you can be active anytime, anywhere.

To learn more, visit the [*Go4Life*](#) website. You'll find exercises, success stories and tips to help you stay motivated. Or call 1-800-222-2225, or e-mail niaic@nia.nih.gov.

-NIH News In Health

The Nebraska Diabetes Prevention and Control Program wishes you a happy and healthy 2012!

Brisk walking, dancing and other endurance exercises improve the health of your heart, lungs and circulatory system.

What kind of diabetes do you have?

People can get diabetes at any age. Type 1, type 2, and gestational diabetes are the three main kinds. Type 1 diabetes, formerly called juvenile diabetes or insulin-dependent diabetes, is usually (but not always) first diagnosed in children, teenagers, or young adults. With this form of diabetes, the [beta cells](#) of the pancreas no longer make insulin because the body's [immune](#) system has attacked and destroyed them.

Treatment for type 1 diabetes includes taking insulin and possibly another injectable medicine, making wise food choices, being physically active, taking aspirin daily-for some-

and controlling blood pressure and [cholesterol](#).



Type 2 diabetes, formerly called adult-onset diabetes or noninsulin-dependent diabetes, is the most common form of diabetes. People can develop type 2 diabetes at any age-even during childhood. This form of diabetes usually begins with insulin resistance, a condition in which fat, muscle, and liver cells do not use insulin properly. At first, the pancreas keeps up with the added demand by producing more insulin. In time, however,

it loses the ability to secrete enough insulin in response to meals. Being overweight and inactive increases the chances of developing type 2 diabetes. Treatment includes using diabetes medicines, making wise food choices, being physically active, taking aspirin daily-for some-and controlling blood pressure and cholesterol.

Some women develop [gestational](#) diabetes during the late stages of pregnancy. Although this form of diabetes usually goes away after the baby is born, a woman who has had it is more likely to develop type 2 diabetes later in life. Gestational diabetes is caused by the hormones of pregnancy or a shortage of insulin.

Do you know the difference between type 1, type 2, and gestational diabetes? Read on to find out!

Why do you need to take care of your diabetes?

After many years, diabetes can lead to serious problems with your eyes, kidneys, nerves, and gums and teeth. But the most serious problem caused by diabetes is heart disease. When you have diabetes, you are more than twice as likely as people without diabetes to have heart disease or a stroke. If you have diabetes, your risk of a heart attack is the same as someone who has already had a

heart attack. Both women and men with diabetes are at risk. You may not even have the typical signs of a heart attack. You can reduce your risk of developing heart disease by controlling your blood pressure and cholesterol levels. If you smoke, talk with your doctor about quitting. Remember that every step toward your goals helps!

See "[Why Taking Care of Your Diabetes Is Important](#)" to learn how you can try to prevent or delay long-term problems. The best way to take care of your health is to work with your health care team to keep your blood glucose, blood pressure, and cholesterol in your target range. -[National Diabetes Information Clearinghouse](#)

Your Guide to Type 1 and Type 2 Diabetes



Blood Glucose Targets for Most People with Diabetes

When	Target levels	My target levels
Before meals	70 to 130	_____ to _____
1 to 2 hours after the start of a meal	below 180	below _____

A1C results

Target for most people with diabetes	below 7
Time to change my diabetes care plan	8 or above
My last result	_____
My target	below _____

Blood Pressure Results

Target for most people with diabetes	below 130/80
My last result	_____
My target	below _____

Target Cholesterol Levels for People with Diabetes

	My Last Result	My Target
Total cholesterol below 200	_____	below _____
LDL cholesterol below 100	_____	below _____
HDL cholesterol above 40 (men)	_____	above _____
above 50 (women)	_____	above _____
Triglycerides below 150	_____	below _____



Diabetes and Cholesterol

Did you know that if you have diabetes, you are more likely to have more 'bad' cholesterol and less 'good' cholesterol? This leads to a greater risk for heart attacks and strokes! When there is more bad cholesterol, it builds up on the arteries and can eventually block the artery. This can happen even before you have been diagnosed with diabetes!!

You can reduce your risk for heart attack and stroke by 20-50% by lowering your level of bad cholesterol!

Diabetes and insulin resistance, which is a precursor to Type 2 diabetes, appear to cause the body to have lower levels of the good cholesterol and higher levels of the

bad cholesterol. The good cholesterol helps the body get rid of the bad cholesterol, which helps reduce the chances of arteries getting blocked by plaques and cholesterol. If you already have diabetes, you are at the same risk for having a heart attack or stroke as someone who already had one of those!

The goal for good cholesterol levels is at least 40 mg/ml. If the value is 60 mg/ml or above it is thought to be protect your body from heart disease, according to the American Heart Association. The bad cholesterol level should be less than 100 mg/ml. The higher the LDL level the greater the chance of heart attacks and strokes. If a person can lower their bad cholesterol level, their chances of having a heart attack or stroke are lowered by 20-50 percent, according to the American Heart Association.

You can help your cholesterol



levels by eating a heart healthy diet, not using tobacco products, and participating in regular physical activity. You can also talk to your provider about other ways that you can watch your cholesterol levels.

It is important to know your cholesterol numbers, especially if you have diabetes or are at risk for developing diabetes. Talk with your provider about these numbers and how you can reduce your chances of having a heart attack or stroke.

http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cholesterol-Abnormalities-Diabetes_UCM_313868_Article.jsp (American Heart Association, 2012. Retrieved 1/9/2012)

Set and Reach New Year's Goals with NDEP

It's January – a time when people set sights on change and new beginnings. The New Year is a great time to think about lifestyle changes to improve health. The key to reaching health resolutions – and keeping them up all year long – is to set a goal and make a plan. The National Diabetes Education Program (NDEP)'s [New Year's Resolution Maker](#) can help people choose a goal and take the first

step in making a lifestyle change. And once a resolution is set, it can be shared with friends and family on Facebook and Twitter! After setting a goal with NDEP's New Year's Resolution Maker, NDEP's [Make a Plan](#) page can help people make a plan that is right for them. NDEP's [Diabetes Health-Sense](#) – an online library of more than 140 resources from more than 70 organizations – has resources to

help people learn how to make positive lifestyle changes. For more tips on setting goals, check out NDEP's [Setting Goals to Improve Your Health](#) video. Share the video on your website or via social media channels to encourage others to learn about setting goals.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of over 200 partner organizations.

three-bean chili with chunky tomatoes

Prep time: 10 minutes
Cook time: 20 minutes

spice is nice, especially on a chilly night!

- 2 Tbsp canola oil
- 1 C onion, coarsely chopped
- ½ C celery, rinsed and chopped
- 1 C green bell pepper, rinsed and diced
- 1 can (15½ oz) low-sodium black beans, drained and rinsed
- 1 can (15½ oz) low-sodium red kidney beans, drained and rinsed
- 1 can (15½ oz) low-sodium pinto beans, drained and rinsed
- 2 cans (14½ oz each) no-salt-added diced tomatoes with basil, garlic, and oregano
- 1 Tbsp ground cumin
- 1 Tbsp chili powder

- 1 In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking. Add onion. Cook and stir until onion starts to soften, about 5 minutes.
- 2 Add celery and green pepper. Cook and stir another 5 minutes, until all vegetables soften.
- 3 Add drained and rinsed beans to pot.
- 4 Stir in tomatoes, cumin, and chili powder.
- 5 Bring to a boil. Cover, reduce heat, and simmer 10–20 minutes to blend flavors.
- 6 Serve immediately.

Note: If you can't find beans labeled "low-sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level.



yield:
4 servings
serving size:
2 C chili

each serving provides:

calories	443	total fiber	16 g
total fat	8 g	protein	22 g
saturated fat	0 g	carbohydrates	73 g
cholesterol	0 mg	potassium	1,411 mg
sodium	331 mg		

hungry for more?

For other recipes or to learn more about healthy eating and other heart health-related topics from the National Heart, Lung, and Blood Institute (NHLBI):

- Write to or call the NHLBI Health Information Center P.O. Box 30105 Bethesda, MD 20824–0105
Phone: 301–592–8573 (Monday–Friday, 8:30 a.m. to 5 p.m. eastern time)

- Visit the NHLBI online at www.nhlbi.nih.gov
- Visit the NHLBI Educational Materials Online Catalog at <http://email.nhlbihin.net> for information on materials available for both the public and health professionals
- Visit the Keep the Beat™: Deliciously Healthy Eating Web site at <http://hin.nhlbi.nih.gov/healthyeating>

NEBRASKA DIABETES PREVENTION AND CONTROL PROGRAM

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"Our Mission is to reduce the impact of diabetes in Nebraska by promoting and improving diabetes prevention, management, and education."



Any portion of this publication may be reproduced for furthering the support of persons with diabetes, their families, and their healthcare providers. We encourage readers to share this newsletter with others and to send the editor comments about its contents.

Five Lifestyle Factors Lower Type 2 Diabetes Risk

A new study found that a combination of 5 healthy lifestyle factors may help reduce the chance of developing type 2 diabetes, even if family history puts you at risk for the disease.

People with diabetes have too high levels of glucose, a type of sugar, in their blood. Over time, high levels of glucose can lead to heart disease, stroke, blindness and other problems.

Several lifestyle factors can reduce your risk for type 2 diabetes, the most common form of the disease. A research team led by Dr. Jared Reis of NIH studied 5 factors: having a healthy diet, keeping an ideal body weight, being physically active, not smoking and minimizing alcohol use.

The team used data collected in the mid-1990s from more than 200,000 older adults. They then looked to see who had developed diabetes over the next decade.

The analysis showed that the more healthy lifestyle factors adopted, the lower the risk for diabetes. Men with all 5 healthy lifestyle factors had a 72% lower risk for developing diabetes. Women had an 84% lower risk.

A family history of diabetes is strongly linked to type 2 diabetes. But these results show that you may still be able to prevent or delay the disease by leading a healthy lifestyle.

"Not being overweight or obese led to the greatest protection," Reis says. "However, we found that overweight or obese adults with a greater number of the other healthy lifestyle factors had a lower risk of developing diabetes. This is good news because it suggests that overweight or obese adults can benefit by adopting other healthy lifestyle behaviors."

Article from [NIH News in Health](#)

http://dhhs.ne.gov/publichealth/Pages/diabetes_index.aspx

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Department of Health & Human Services



NEBRASKA
Diabetes Prevention
and Control Program

The Nebraska Diabetes Prevention and Control Program (NDPCP) is a Centers for Disease Control and Prevention grant funded program designed to help reduce the burden of diabetes in the State of Nebraska. The NDPCP works in partnership with the American Diabetes Association (ADA) and local community and healthcare groups statewide to provide education and assistance with minimizing health problems which may result from diabetes. The NDPCP on prevention through education.

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